



# HIGH SCHOOL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> School Choice</p> <p><u>Grill</u> Grilled Cheese Sandwich <sup>v</sup> Baked Fries</p> <p><u>Sides</u> Mixed Fruit Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>2</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken &amp; Gravy Mashed Potatoes Sweet Potato Casserole</p> <p><u>Grill</u> Lite Turkey Corn Dog Steak Fries</p> <p><u>Sides</u> Strawberry Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>3</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Italian Lasagna Garlic Bread</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>4</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans <sup>v</sup> Brown Rice, Corn</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>5</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> Fish Filet Macaroni &amp; Cheese <sup>v</sup> Peas</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Rice Bowl Bar (Build your own with fixings)				
<p><b>8</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Rotini Hot Dish Garlic Bread Corn</p> <p><u>Grill</u> School Choice Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>9</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Tater Tot Hot Dish Green Beans</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Fruit Salad Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>10</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread Mixed Vegetables</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>11</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Chicken Chow Mein Chow Mein Noodles Brown Rice</p> <p><u>Grill</u> Beef Ribique Sandwich Steak Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>12</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> Enchilada Bake Spanish Rice Corn</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pizza Bar (Variety of pizzas and toppings)				
<p><b>15</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Stew Mashed Potatoes</p> <p><u>Grill</u> Smoked Turkey &amp; Cheese Hoagie Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>16</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Hmong Beef Fried Rice with Fixings or Ravioli Garlic Bread</p> <p><u>Grill</u> Chicken Nuggets Steak Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>17</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Spaghetti &amp; Meatballs Garlic Bread</p> <p><u>Grill</u> Turkey Hot Dog (2) Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>18</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Italian Dunkers with Marinara Sauce <sup>v</sup> Green Beans</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Applesauce Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>19</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> Grilled Cheese Sandwich <sup>v</sup> Tomato Soup <sup>v</sup> Peas</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Peach Cup Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Taco Bar (Build your own with fixings)				

Menu subject to change due to availability of food.

- P** Contains Pork
- ^** Contains nuts or peanut butter
- v** Meatless item
- !** Locally grown

## MENU KEY

**Allergy Notice:** Products have been made at the District's Nutrition Center or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b> <u>Breakfast Special</u> English Muffin Sandwich</p> <p><u>Real Deal</u> Chicken Fajita with Fixings Refried Beans <sup>✓</sup> Herbed Corn &amp; Couscous</p> <p><u>Grill</u> Lite Turkey Corn Dog Baked Fries</p> <p><u>Sides</u> Peaches Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>23</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Rotisserie Chicken Mashed Potatoes Mixed Greens</p> <p><u>Grill</u> School Choice Steak Fries</p> <p><u>Sides</u> Orange Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>24</b> <u>Breakfast Special</u> Egg &amp; Cheese Tortilla</p> <p><u>Real Deal</u> Chili &amp; Cheesebread Mixed Vegetables</p> <p><u>Grill</u> Buffalo Chicken Sandwich Baked Fries</p> <p><u>Sides</u> Banana Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>25</b> <u>Breakfast Special</u> Cheesebread</p> <p><u>Real Deal</u> Nachos St. Paul Refried Beans <sup>✓</sup> Brown Rice Corn</p> <p><u>Grill</u> Chicken Nuggets Baked Fries</p> <p><u>Sides</u> Apple Wedges Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>	<p><b>26</b> <u>Breakfast Special</u> Cheese Omelet &amp; Toast</p> <p><u>Real Deal</u> BBQ Chicken Sandwich Chicken Vegetable Rotini Soup</p> <p><u>Grill</u> Fish Sandwich with Cheese Baked Fries</p> <p><u>Sides</u> Pears Fresh Veggies Shredded or Salad Greens Whole Wheat French Bread</p>
Build & Go: Pasta Bar (Choice of pasta and sauces)				
<b>29</b>	<b>30</b>	<b>31</b>	<b>NO SCHOOL</b>	

## Free or reduced-price meal applications now online

It is now even easier to apply for free or reduced-price meals! First, you will need each child's 6-digit student ID number. Then go to [ns.spps.org](http://ns.spps.org) and follow the link to the online application. The on-screen instructions will guide you through the application process. Additional instructions are available at [ns.spps.org](http://ns.spps.org). Questions? Please call us at 651-603-4950.



### BREAKFAST

**Daily Choices Include:**

Milk, Graham Crackers, Yogurt, Whole Grain Cereal, 100% Fruit Juice, Fresh Fruit

**Additional Daily Choices Include:**

Homemade Breakfast Breads, Cinnamon Toast, Sausage Biscuit **P**

### GRILL

Each day a different Grill Feature is offered along with: Chicken Patty Sandwich • Hamburger • Cheeseburger  
Featured Potato • Fruit • Veggie Choices

### GOOD TO GO

**Create Your Own: choose 1 main, add 3 sides plus Milk OR choose 2 mains, add 2 sides plus Milk**

**Mains may include:** Specialty Sandwiches and Wraps  
Fresh Salads • Featured Soups  
Sides: Fresh Fruit and Veggies

Milk (skim, 1%, chocolate skim, strawberry skim, lactose-reduced) offered with each breakfast and lunch

### PAYMENT INFORMATION

Visit our online payment provider, PayPams, where you can make a payment, check meal account balances and sign up for recurring payments  
Go to [www.paypams.com](http://www.paypams.com) to register.  
Note: balances are delayed by 24 hours.

**Saint Paul Public School Menu Prices:**

	Lunch	Breakfast	Extra Milk
Elementary	\$1.75	\$0.65 (or no cost at some schools)	\$0.50
Secondary	\$2.00	\$0.70 (or no cost at some schools)	\$0.50
Reduced-price	\$0.40	No cost	\$0.50
Adult	\$3.50	\$2.00	\$0.50

### CONTACT US

Web Site: [ns.spps.org](http://ns.spps.org) Office: 651-603-4950

### MISSION STATEMENT

We create and serve foods that students get excited about!  
Our "healthy hits" are served with respect by a caring staff effectively managing resources.



**2010 Board of Education** Elona Street-Stewart, Chair • John Brodrick, Vice Chair • Keith Hardy, Clerk  
Jean O'Connell, Treasurer • Anne Carroll, Director • Kazoua Kong-Thao, Director • Vallay Varro, Director  
**Superintendent** Valeria Silva